

Obukan Kendo Club
 Portland, Oregon
 A IRC 501(c)(3) Non-profit Organization
 Dedicated to the Promotion of Japanese
 Fencing.

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Ko-Katchushi Tsuba

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Early New Year Keiko-Breakfast

The New Year's Asageiko and potluck breakfast, and good conversation started off a brand new year. It all took place at the Multnomah Arts Center in Southwest Portland. There were all sorts of delicious and interesting things to eat.

Remembrance, February 6th

Dear Kendo and Iaido Friends: Susie Shizue Omura Murosako, wife of Pat Murosako Sensei, and mother of Jim Murosako Sensei, suddenly and unexpectedly passed away on Tuesday evening, February 6, 2007. On Sunday evening she had fallen on the steps at her front door and hit her head on the pavement. She was rushed to the hospital, but lapsed into a coma and never regained consciousness.

Several members from Obukan attended the memorial service.

New Members - Welcome

Please welcome the following new members to Obukan who have joined us from other kendo dojo:

- Yuka Kawasaki, 3rd DAN**
- Jason Rabedeau, 1st DAN**
- Shunki Hattori**

Koho Needs Your Help!

I want to thank our board and membership for the opportunity to serve Obukan in the coming year as Koho editor. I will do my best to continue the tradition of the Koho, being the finest example of Kendo news and information that exists in the PNKF.

The Koho will now be a quarterly publication beginning with this issue and to help make this an expression of our membership – I need your help in keeping the news current. Our continuing aim is to provide the readership with news about kendo activities, newsworthy events and from time-to-time, a personal viewpoint on kendo related items. If you know of any future cultural events, interesting stories or have news to share with our readership *please* let me know and I will be happy and grateful for the contribution. I can be reached at:

koho@obukan.com

(503)936-7732 cell

Thanks again,
Harley Johnson
Koho Editor

Other Kendo Sites

Here are some excellent sources of Kendo information on the Internet – remember, when in doubt, *ask Sensei!*

<http://www.mushinkankendo.com>- The Mushinkan Kendo Club of Colorado Springs has an excellent set of pages describing the Kihon Keiko-ho (aka Bokutoh Kata), as well as instructions for keikogi and hakama.

<http://kendo-usa.org> - Marsten-sensei's site. Among other things, probably the clearest most concise information on how to maintain your shinai.

<http://www.kendo-world.com/downloads>

Kendo World has some very exciting Kendo and Iaido movie clips. Take a look and enjoy.

Mochitsuki, January 28th

... briefly, the Mochitsuki 2007 Cultural Fair sponsored by the Japanese-American Citizens League, Oregon Nikkei Legacy Center, Portland Community College Multicultural Center and Portland Taiko. The entire event was held at Portland Community College on January 28th all went well according to reports. Obukan members did a demonstration of both Kendo and Iaido. Our demonstration was the last on a program of 15 participants and was well received. Next year, we will be in an earlier time slot.

Thanks very much to the Obukan members who came to the Mochitsuki Festival Demo on Sunday. ... in addition to exposing new people to kendo, we made a fine impression on the organizers of the event, who have offered to let us have a table for the duration of the event next year so that we can do more in-depth recruiting for our club!

According to Mrs. Carolyn Woody (of Nikkei Legacy Center) we were on-time, well prepared and well organized - NICE JOB!

New Obukan Officers, February 16th

The election of Obukan officers was held Friday after practice and yielded the following:

Perry Hunter, President
Stephen Uchida, Vice - President
Rick Chang, Treasurer
Daniel McMurdo, Director of Public Relations and Recruiting
Jared Burns, Director of Communications
Heidi Hodge-McMurdo, Director of Special Events
Heidi Hodge-McMurdo, Recording Secretary
Harley Johnson, Koho Editor

Volunteerism and participation of the Obukan membership is necessary for the continued health and direction of our club. Please voice your appreciation and recognize the effort and time that the officers and directors have put forth in supporting Obukan.



Kendo at an agricultural school in Japan around 1920



Two kendoka in *tsuba zeriai*.

Portland Rose Festival Events

Obukan will be presenting a kendo demonstration at the festival center stage on Saturday **June 2nd**

Also, we will be hosting a PNKF sanctioned Tiakai on Saturday **June 9th** at the Jackson Middle School in SW Portland. A map and directions on the Obukan web site: www.obukan.com

PNKF Shinkyu Shinsa Results, February 24rd

Obukan turned out for the PNKF Shinkyu Shinsa, here are the grading results:

Kendo:

4th DAN, Chun-fang Huang

1st DAN, Apurva Jantrania

2^{dn} KYU, Scott Kawamoto

3rd KYU, James Brien

5th KYU, Nick Peterson

Iaido:

2nd DAN, Hisakazu Kawai

2nd DAN, Glenn Walker

1st KYU, Chun-fang Huang

Congratulations to all of the participating Obukan members.

We are all beginners again once we have attained a new rank. Then, we start a new training for our next transition and hopefully we have learned from past techniques.

Beginners' Corner – Foot Care

During the past 20 years or so dealing with the life changes and complications of being diabetic, I have learned the importance of good foot care. Most serious foot problems can be avoided if you use care when maintaining your feet.

Maintaining means:

- Avoid going bare foot, hard to do when practicing Kendo
- Wash your feet daily, especially after Kendo practice
- Use lotion after washing your feet and put on clean cotton socks
- Trim your toe nails after bathing, avoid cutting them too short
- Avoid open cuts to your feet
- If you develop a blister, **DO NOT OPEN or DRAIN**
- Always cover a cut or blister with a bandage to avoid infection
- If you develop an infection, **SEE A DOCTOR**

Remember, whether you are diabetic or not, following these simple rules can prevent the possible loss of a toe or foot if a bad infection does set in. Diabetes is the silent killer of most body organs and the nervous system.

Keep your feet safe at all times even if you are not a diabetic.

The above foot care information summary was found at this web site: www.webmd.com, search “foot care” click on “[Tips on Good Foot Care](#)”.

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Dojo Kun

Seek Perfection of
Character

Be Faithful

Endeavor

Respect Others

Refrain from Violent
Behavior

KEIKO SCHEDULE

As of March 30th:

Conestoga Recreation and Aquatic Center

9985 SW 125th Avenue
Beaverton, Oregon 97008

Members will be able to enter one half
hour prior to practice times. There are
lockers and showers available (bring a
combination lock!)

Kendo

Sun: 3:00 – 5:00 PM Room 201

Wed: 7:30 – 8:30 PM Room 201

Fri: 6:30 – 8:30 PM Gym “A”

Iaido

Mon: 7:30 – 9:00 PM Room 201

- AND -

Richmond Elem. School

2276 SE 41st

Portland, Oregon 97214

Kendo

Thurs: 7:15 – 8:30 PM

Last Thursday: Kata and Iaido



PNKF Datebook

The 13th WORLD KENDO CHAMPIONSHIPS - December 8, 9 and 10, 2006, Taipei,
some Obukan members attended.

Apr 21, Cherry Blossom Festival, Sat, (tentative date).

May 5, UW Taikai, Sat, 10am, Hec Ed Pavilion Addition.

May 12, PNKF Board, Sat, 9-11am, Kent WA

May 12, PNKF Shinpan Seminar, Sat, 12noon-3:50pm, open keiko 4pm till
4:45pm, Kent WA

May 19, Bellevue Junior Taikai, Sat, 10am.

Jun 30, PNKF Board, Sat, 2-4pm, Kent WA

Aug 4, PNKF Iaido and Kendo Shinsa, Sat, 9am-4pm, Kent.

Sep 22, PNKF Board, Sat, 2-4pm, Kent WA

Oct 6, PNKF Shinpan Seminar, Sat, 12noon-3:50pm, open keiko 4pm till

See the Pacific Northwest Kendo Federation Kenyu newsletter for a detailed schedule, this
can be found in PDF form on the PNKF web site at <http://www.kendo-pnkf.org>

Obukan T-Shirts and Patches Available!

We have white club t-shirts available for purchase. The shirts and patches are part of our fund
raising efforts to help those going on the Japan trip, as well as help to cover expenses for other
activities throughout the year. They are made from high-quality materials, and are a great way
to show your pride in your club!



T-Shirts are available in S, M, L and XL
sizes for \$20 each.

We also have Obukan “Tsuba” patches for
your keikogi – which are required if you are
going to Shinsa or Taikai representing the
club. Patches are \$5.



We now have *baseball caps* with the “Ren Ma” logo for \$10

Having an over abundance of 37-39 shinai, we are offering a special sale price of \$15.00 for
two shinai to current club members only.